

# Riverside REVIEW

Vol. 27 Issue 3 March 2025

Message from our General  
Manager  
**Pg. 2**

Chaplain's Corner  
**Pg. 4-5**

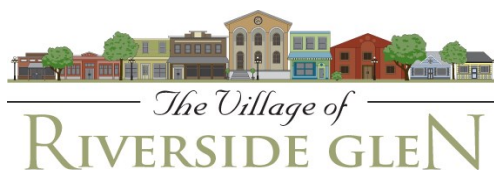
Welcome New  
Residents!  
**Pg. 6**

Coming Up In March  
**Pg. 9**

Activity Sheet  
**Pg. 18**

Birthday List  
**Pg. 19**

**Mission Statement**  
Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



Message from

# BRYCE MCBAIN

## Dear Residents, Families, and Team Members,

As we step into March, I'd like to take this opportunity to reflect on the progress and initiatives happening across our village. Throughout all our villages, we are guided by a series of eight aspirations that help us create a more social and enriching model of living for those we serve. For 2025, as an organization, we have chosen to focus on one specific aspiration: **creating opportunities for meaningful and shared activities.**

You'll start to notice that on Tuesdays, our team members will be proudly wearing a special aspiration T-shirt that reflects this focus. We encourage everyone to take a moment to reflect on what meaningful and shared activities mean for each of us, and how we can all contribute to creating these moments together. Whether it's through participating in group events, engaging in shared hobbies, or simply spending time in each other's company, these activities strengthen our community.

## Acknowledging Black History Month

I also want to take a moment to express my deep gratitude to our team members who shared their native attire and traditional foods as part of our Black History Month celebrations in February. Honouring and celebrating our rich cultural diversity is another aspiration that guides us daily, and it was wonderful to see so many people come together to appreciate and learn from each other's cultures. Thank you to everyone who made this month such a memorable experience for our village.

## Supply Chain Updates Amid Trade Concerns

We are aware that recent news about potential tariffs imposed by the United States on Canadian goods and possible countermeasures by the Canadian government has raised questions and concerns. I want to assure you that our support office has been diligently working with our supply chain partners over the past few months to assess how these changes could impact our village. While some areas—such as food, nutrition, and medical supplies—may be affected by cross-border trade disruptions, we are doing everything possible to minimize any disruption to the daily services and care we provide. As a proud Canadian family-owned organization, Schlegel Villages has always prioritized sourcing Canadian products, and we will continue to do so wherever possible.

## Thank you for Voting

A special thank you goes out to all our residents who participated in the voting process on February 27th. Your dedication to making your voices heard is an inspiration to us all. It serves as a powerful reminder that each of us has the opportunity to make a difference, and we hope others will be inspired by your leadership as elders in our community. We congratulate Mike Schreiner, Green Party MPP for Guelph, on his re-election in the recent Ontario provincial election.

## Wishing You a Happy St. Patrick's Day

As we look ahead to the festive spirit of St. Patrick's Day on Monday, March 17th, we encourage everyone to embrace the joy of the occasion. St. Patrick's Day is a time for community, laughter, and celebration. Whether you're donning your favorite green attire, enjoying a festive meal, or simply sharing a smile, may this day remind us all of the good fortune of having each other in this vibrant community. Let's carry that spirit of unity and fun with us through the month!

Kind regards,

Bryce

# *Message from* Your Long-Term Care Family Council

## Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Hello everyone!

I have good news – February is over and now we can look forward to spring! It feels like we really had an old-fashioned winter this year, the type I remember having as a child. There was plenty of snow to keep the skiers happy, and I saw lots of children having fun skating and playing hockey on our neighbourhood rinks.

Our Family Council meeting was held by Zoom on February 13<sup>th</sup>, with good attendance. It's always great to see both our long-term family members and the new ones. We held a "round robin" where family members talked about events that have happened in their loved one's life since our last meeting. Family Council is a wonderful place for caregivers to connect. We support you in the caregiving and advocacy you do for your loved one at Riverside Glen.

Another support for caregivers is the "Care Partners Connections", being offered by webinar from Riverside Glen by Heather Luth, director of dementia services. These are webinars offering education and guidance on how best to support your loved one with dementia. The next webinar is in May, watch for upcoming email notification.

Outbreaks are more frequent and tend to be more severe in the cold months. It is important to keep our bodies strong with nourishing food, good sleep and movement. Visits to our loved ones are very important, but please ensure that you are perfectly healthy before coming. Our current outbreak of influenza is very contagious, and it can lead to devastating complications in older people.

I buy N95 masks and wear them when there are outbreaks. These are not required by Riverside Glen unless someone is in isolation, but I wear one anyway for the added protection. There are medical masks available at the door to Riverside Glen, and please do wear one of these if you are not wearing an N95 mask when visiting to help protect everyone.

Watch for "snow drops", the first little spring flower to appear in Guelph. By the next newsletter, we should have crocuses out too! Like flowers popping up in spring, be sure to pop into our next Family Council meeting which will be Thursday March 13<sup>th</sup> by Zoom. Jackie Swan will send out a link to join a few days ahead of the meeting. If she doesn't have your email, and you are a support for a resident at Riverside Glen Long Term Care, please send her an e-mail at [jackie.swan@schlegelvillages.com](mailto:jackie.swan@schlegelvillages.com). Until then, stay well, enjoy the last few weeks of winter and look for those first snow drops!

Wendy Presant Chair of Family Council, Riverside Glen Long Term Care





# Chaplain's Corner

Greetings to residents, family members and staff of Riverside Glen,

This is Eileen sharing, the Spiritual Care Provider who has been serving here on Mondays in the Retirement and Long-Term Care residences for the past year. I'm writing to inform you that my last day being with you will be Monday March 24th, to be more available for family commitments.

This is difficult to communicate, as I am experiencing sadness and, at the same time, thankfulness for the privilege it has been for me to build trust and enter into many lives of those who live and work at Riverside Glen. You have helped me to learn many of the joys and challenges of living in community. I have also witnessed the commitment and caring attitudes of the staff who maintain such a positive professional atmosphere and have supported me as I 'learned the ropes'.

The following poem has been meaningful to me through many situations in my life.

The Weaver by B.M. Franklin

My life is but a weaving  
Between the Lord and me.  
I cannot choose the colours  
He weaves so steadily.

Oft times He weaveth sorrow  
And I in foolish pride,  
Forget He sees the upper,  
And I the underside.

Not till the loom is silent,  
And the shuttles cease to fly,  
Will God roll back the canvas  
And explain the reason why.

The dark threads are as needful  
In the Weaver's skillful hand  
As the threads of gold and silver  
In the pattern He has planned.

Whether you know it or not, each one of you that I have met has added a different coloured thread to my life tapestry! I will continue to remember and value the influence that you have had in my life. I would like to encourage each one of you to continue to seek out spiritual care as you live out your life seeking meaning and significance in reaching out to others.

Sincerely, Eileen Harbottle



# Chaplain's Corner

To: Residents, Families, and Team Members

You will notice, outside the Spiritual Centre (formerly known as the Chapel), instructions about prayer centre activities. These will be available from the beginning of March until mid-April, corresponding with Christian Lent and Muslim Ramadan. A black screen will be in place to offer privacy for anyone wishing to use the prayer stations or to use the space for meditation and prayer.

Please respect this space and time and do not hold meetings or have visits in there, as we wish to honour the silence. All are welcome to use this space for quiet, prayer, meditation.

**There will also be short morning services on Wednesday March 5 @ 10 in Retirement and @ 11 in Long-Term-Care for the Anointing With Ashes.**

The Deacon who conducts the Monday Roman Catholic Communion services will be overseeing this important Rite to begin Lent. Any wishing to receive this anointing are welcome to attend in the Town Hall or the Long-Term-Care library.

Blessings to you,

Rev. Brenda Woodall

LTC Memorial Service has been rescheduled for Thursday, March 13th

## In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

*Larry G*

*John C*

*Thomas W*

*Harry O*

*Dorris H*

*Helen P*

*Muriel B*



# *Riverside Glen* *welcomes new residents*

*to our community*



*Ē Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Manuella A  
Kenneth F  
Aurelia Z

### *Long Term Care*

Jan T  
Leonilde F  
Margaret A  
Vicky Q  
Hildegard L  
Robert C  
Robert S



# Music Therapy at Riverside

## What is Music Therapy?

Music therapy is a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships, to address goals in the cognitive, communicative, emotional and social domains. Music therapists are highly trained individuals who have completed a university music therapy education and a 1000 hour supervised internship, and passed a certification exam. They are required to maintain continuing education credits throughout their career. Music therapists use music safely and ethically to holistically support people.

## Meet Your Music Therapist

Danielle Nicholls, BMT, MTA, is a certified music therapist. Danielle has spent much of her career working with seniors and adults in mental health and dementia care. Danielle incorporates her vocal training and guitar skills to focus on clients' abilities and meet them in the moment. You can find her on site Tuesdays though -Thursdays.



## The Program

All clients involved in music therapy, whether it's group or individual, go through an assessment period. From the assessment, goals are developed, and music interventions are designed to help clients meet their goals. Potential goal areas include: increasing relaxation, reducing symptoms of anxiety and depression, increasing positive interactions with loved ones, regaining access to an important life activity, and more.

### Individual Music Therapy



Focuses on folks needing extra support. For example, they are experiencing personal expressions, stay isolated in their rooms, or are receiving palliative care.

### Small Group Music Therapy



Small groups run on the neighbourhood and help clients reach goals such as increasing socialization, and creative self-expression. Music therapy is most effective when the group size is kept between 6-8 people.

**If you're interested in music therapy services, please speak to Danielle or your recreation team member, who can put in a referral.**

## Songbirds Choir!

Songbirds Choir happens every week on Wednesday mornings in either the LTC or RH cafes. Every few months we have a concert to show off our hard work! Everyone is welcome to attend to choir, whether to sing or listen!



# PHOTO REVIEW OF FEBRUARY



# COMING UP IN MARCH

Tues	March 4		Shrove Tuesday
Tues	March 4	10:30 A.M	Bonnies Card Making
Wed	March 5		Ash Wednesday
Mon	March 10	1:30 P.M	Bagpipe Showcase
Fri	March 14	2 P.M	Holi: Festival of Colours
Sun	March 16	2 P.M	LTC Café: Celtic Academy Irish Dancers
Sun	March 16	2:45 P.M	RH Café: Celtic Academy Irish Dancers
Mon	March 17	2:30 P.M	St. Patrick's Day Social
Thurs	March 20		Spring Formal Dinner
Thurs	March 27		Blue Jays Home Opener

## Vendors

### **Adrian's Fashions**

Friday March 7th 10-2 Mainstreet RH

### **Cameron Cards**

Thursday March 13th 10-2 Mainstreet RH

### **Ruth's Fashions**

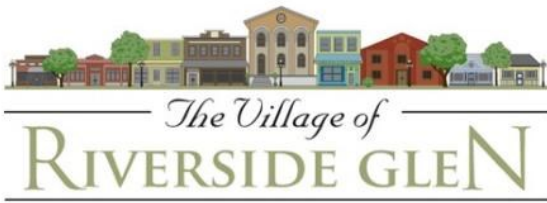
Monday March 17th 11-3 Mainstreet RH

### **The Boutique: Leather and Goods**

Friday March 28th 11-3 Mainstreet RH







# Happy March from the PAL team!

February 26 is Purple Day for epilepsy awareness

## Purple Day for epilepsy awareness

- This Day is to raise awareness about epilepsy and to support people living with the condition. Lavender is also the international color for epilepsy, so wear purple to help raise awareness.

## Exercise and epilepsy

Exercise can benefit by:

- Will raise a positive mood and lowers stress which could cause seizures.
- Reduces future health issues
- Increasing concentration
- Boosting self esteem

## Ways to improve your heart's health:

### Physical Activity

- ⇒ Being active will help you maintain your heart health!
- ⇒ You can exercise in any way that you like.
- ⇒ Exercise can be walking, cycling, dancing, or participating in classes with the PAL team.

### Social Events

- ⇒ Exercise classes run by the PAL team are a great way to meet others in your neighborhood and in the village.
- ⇒ Chat with the team as you work through exercises

### Mindfulness

- ⇒ Activities like crafts, Tai Chi, yoga and going for walks can help you relax and reduce stress
- ⇒ Focus your thoughts on gratitude and positivity

**Your PAL Team Richard and Narain**



# Athlete of the Month:

## Lyle K



This is Lyle Keller, February's Athlete of the

★ Month! Lyle can be found exercising with a smile. Lyle is very dedicated to keeping active and has maintained his  
★ independence.



Lyle is always up and ready to get into exercise mode and to do his best in every session, Lyle encourages everyone to try their best as well.

Congratulations Lyle!



# Schlegel Villages – CONNECTIONS

## INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

**SCAN TO LEARN MORE**

about these five women,  
their diverse career stories  
and favourite recipes.



**Alam Raymon**  
The Village of Humber Heights



**Evelyn Marquez**  
The Village of Erin Meadows



**Brigitte Swaby**  
The Village of Erin Meadows



**Madelaine Sperry**  
Erin Mills Lodge



**Starr Albino**  
The Village of Wentworth Heights





# Schlegel Villages – CONNECTIONS

## Celebrating our **CANADIAN ROOTS**



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.



Egerton Private Hospital, London, ON, 1953

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



The Schlegel family  
From left: Jamie, Ron, Barb, Brad and Rob



## Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

### Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

### Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

### Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at [the-ria.ca/enews](https://the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**

  
**SCHLEGEL VILLAGES**



# Guest meal pricing

**Tickets are available for purchase at the Village Office.**

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.



	Retirement	Long-term Care
<b>Breakfast</b>	\$10.50	\$10.50
<b>Lunch</b>	\$16.80	\$13.65
<b>Dinner</b>	\$19.95	\$16.80

# SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

## Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.

**BE PRESENT**  
...in all communications.

**EARN TRUST**  
...by being clear, genuine and transparent in all interactions.

**WALK IN MY SHOES**  
...by trying to understand how I feel.

**FOLLOW THROUGH**  
...all the way.

**KNOW ME**  
...as a unique human being.







## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Riverside Glen, please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)







# Happy Birthday

## Resident Birthdays

## Team Member Birthdays

### VILLAGE VOICE NEWSLETTER

Read these stories  
and more on the  
Villages website.  
Sign up online to  
receive the email  
newsletter.

[www.  
schlegelvillages.com](http://www.schlegelvillages.com)

Alberto F	Mar 02	Sini G	Mar 01
Leonilde F	Mar 04	Jack V	Mar 01
Norma F	Mar 05	Casey W	Mar 01
Daphne M	Mar 06	Cherry F	Mar 02
Ghislaine J	Mar 08	Barbara B	Mar 04
Marjorie F	Mar 11	Maxine R	Mar 04
Carol R	Mar 11	Wendy M	Mar 05
Margaret F	Mar 12	Krystina F	Mar 06
Sylvia S	Mar 12	Karly O	Mar 06
Jane C	Mar 12	Raisa G. D	Mar 07
David H	Mar 13	Emanuel M	Mar 08
Iolanda D	Mar 14	Sky T. N	Mar 08
Norman S	Mar 14	Christine S	Mar 08
June Weiler	Mar 15	Sahansila B	Mar 09
Barbara M	Mar 17	Jackie G	Mar 09
Leh S	Mar 17	Anuja K	Mar 11
Sandra B	Mar 18	Susan D	Mar 12
Paul H	Mar 18	Kelly L. C	Mar 14
Michael B	Mar 18	Akele W	Mar 14
Glenna R	Mar 18	Quinn M	Mar 16
Carolyn P	Mar 19	Rebecca A	Mar 17
William C	Mar 21	Manvir K	Mar 20
Scott P	Mar 24	Kamal B	Mar 22
Shirley S	Mar 27	Hetvi S	Mar 22
Bruce G	Mar 29	Kathryn D	Mar 23
Marie R	Mar 31	Jody D	Mar 23
		Mary Joy Y	Mar 23
		Jaden H	Mar 26
		Simranjit K	Mar 26
		Janice W	Mar 26
		Sophia M	Mar 27
		Kehindie A	Mar 30

 @riverside\_glen

 The Village of  
Riverside Glen

 @villagelife\_sv

## Birthday Celebrations

### **Retirement Birthday Party**

Tuesday, March 25th at 2:30 pm in the café  
with the Remedy Band

### **Long Term Care Birthday Party**

Friday, March 7th at 10:30am in the café  
with Martin Wall

# The Village of Riverside Glen Directory

Phone 519.822.5272

## Retirement Home

Bryce McBain, General Manager	Ext. 815
Lynn Lake, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Richard Ayala, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800



# The Village of Riverside Glen Directory

Phone 519.822.5272

## Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Kryssy Freeman Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Ayah Elhafan, Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Richard Ayala, Director of Program of Active Living	Ext. 826
PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858